

## Third Annual Community Event

The five mile walk starts at the First Street Beach Shelter. The route takes you along the Riverwalk, through Historic Downtown Manistee, over both the U.S. 31 and Maple Street Bridges. Walk has been designed for people of all abilities to enjoy!



This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports & the Michigan Fitness Foundation.

This does not reflect endorsement of the sponsoring organization or the products used.



The City of Manistee Non-Motorized Transportation Committee thanks all the participants that make the Third Annual Labor Day Bridge Walk possible. The committee encourages everyone to live a healthy, active lifestyle. Leave the car at home – walk, ride your bike, enjoy the outdoors.



Mark your calendars!

The Sixth Annual Healthy Active Manistee (H.A.M. it Up!) has been scheduled for May 17 through May 23, 2014



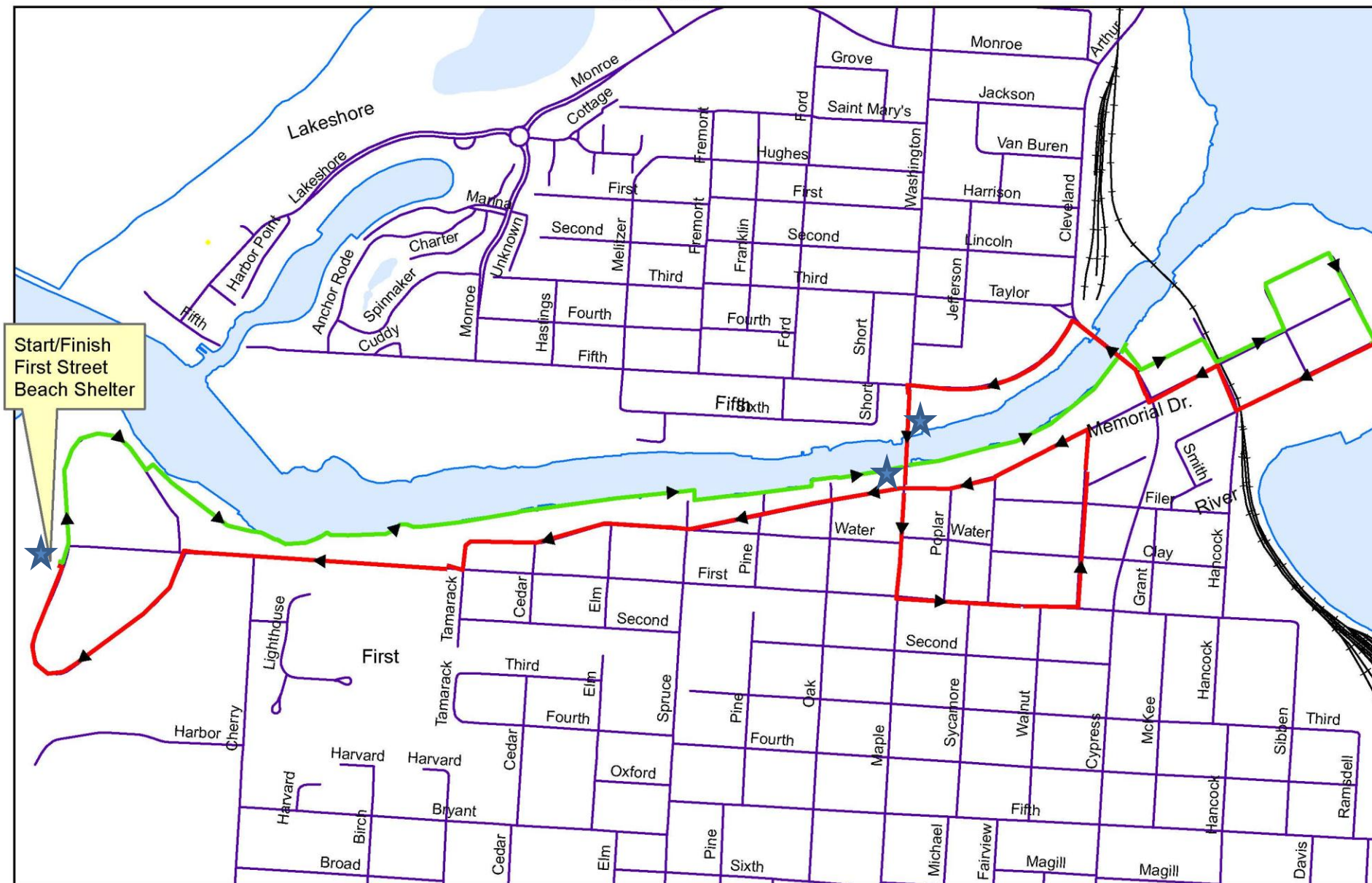
Today is the day to Live Well! Are you interested in taking steps toward a healthier you? If so, join the **LIVE WELL** Movement! **LIVE WELL** is a local campaign focused on encouraging and supporting healthy, active lifestyles. By joining the movement, you will get weekly emails with health facts and tips, healthy recipes, and community events. You can join by going to [www.LiveWell4health.org](http://www.LiveWell4health.org) and clicking on "Join Now to Live Well." Also, check us out on Facebook at **Live Well 4 Health** and on Twitter at **@LiveWell4Health** !



## Labor Day Bridge Walk



**Monday**  
**September 2, 2013**  
**9 a.m.**



Pierport Farms is our Refreshment station sponsor. Refreshment stations will be located at the First Street Beach Shelter, under Memorial Bridge and at Memorial Drive Parking Lot. 